

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:15am		KICK CAMP 1H		KICK CAMP 1H	KICK CAMP 1H		
10:00am						CADETS 45MIN	
						JUNIORS 45MIN	
10:30am		ALL LVL MT 1H		ALL LVL MT 1H	ALL LVL MT 1H		
11:00am						ALL LVL MT 1H	
4:40pm	CADETS 40MIN		CADETS 40MIN	CADETS 40MIN			
5:15pm			YOUTH COMP 1H				
5:30pm	JUNIORS 45MIN	JUNIORS 45MIN		JUNIORS 45MIN	JUNIORS 45MIN		
6:30pm	ALL LVL MT 1H	ALL LVL MT 1H	ALL LVL MT 1H	ALL LVL MT 1H	ALL LVL MT 1H		
7:30pm	ADVANCED MT 1H	SPARRING 1H	PADS & BAG 1H	ADVANCED MT 1H			

CADETS: AGES 5-8 MUAY THAI

JUNIORS: AGES 9-13 MUAY THAI

**YOUTH COMPETITION TEAM:
AGES 7 - 16. COMPETITION
SPECIFIC TRAINING**

**ALL LEVELS MUAY THAI: ALL EXPERIENCE LEVELS
WELCOME.
AGES 14+.**

**KICK CAMP: SEASONAL WOMAN'S KICKBOXING &
FITNESS PROGRAM**

**ADVANCED MUAY THAI: 6 MONTH TRAINING MINIMUM.
ASK INSTRUCTOR IF YOU CAN JOIN**

**SPARRING: 6 MONTH TRAINING MINIMUM.
ASK INSTRUCTOR IF YOU CAN JOIN**

**PADS & BAGWORK: 6 MONTH TRAINING MINIMUM. ASK
INSTRUCTOR IF YOU CAN JOIN**